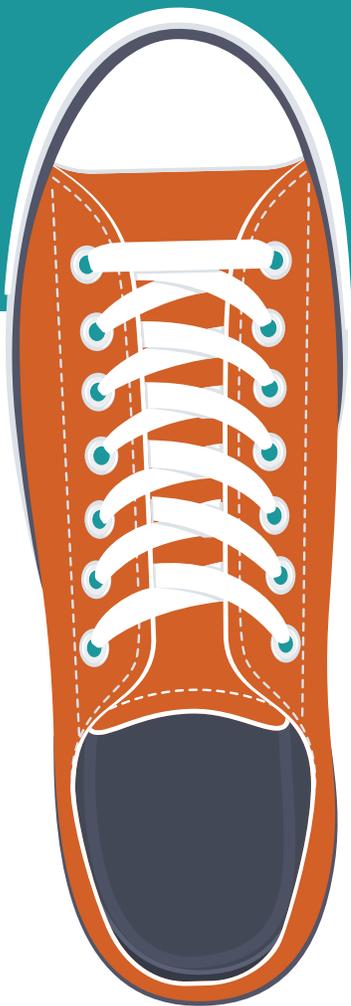


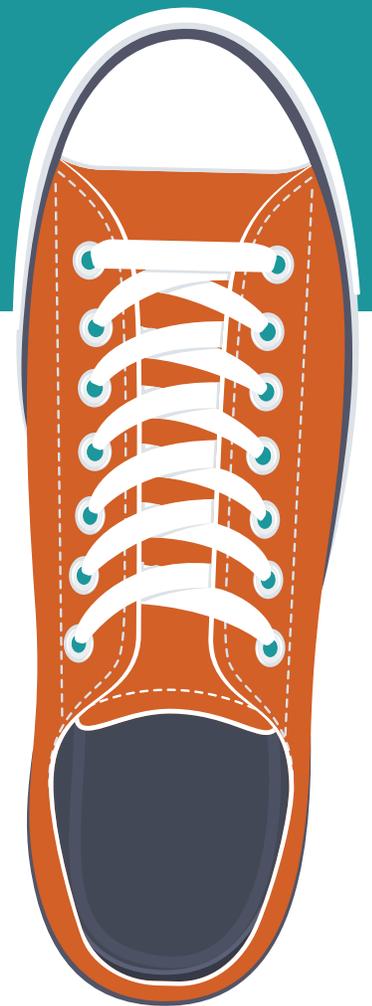
Welcome Back!

Re-opening Monday, June 15

Let's keep each other safe.
If you are at an increased
risk or are sick, please
stay home.



6 feet apart



LA VITA
FITNESS CENTER

we've missed you!



Our team is excited to welcome you back and see your smiling faces again!

A tremendous amount of time and energy has been devoted to reimagining the day when we could reopen again. Nothing is more important to us than the safety and well-being of our members, patients, and employees, and every step we've taken has been with this goal in mind.

La Vita is ready to welcome you back on June 15 at 6am. While we are excited to open our doors, Aspirus Divine Savior and La Vita are dedicated to the health and safety of our patients, members and staff and will require things to operate a little differently as we reopen in phases.

As a medically-based facility, we are following the CDC and public health guidelines. We will continue to monitor and adapt our approach to serve the best interests of our community. Any changes to this plan will be posted as information becomes available to us.

Things will look different to you as compared to the last time you were at La Vita. We are implementing a brief health screening process at the main entrance of the Wellness Center and some areas and services will not be available during Phase 1. Our goal is to bring those areas and services back up to speed as quickly as possible.

Cleaning and sanitizing are also a major focus. In addition to nightly cleaning that will occur after we close, we have added more cleaning and sanitizing daily. Sanitizing stations will be available throughout the facility so you can conveniently wipe down your equipment. Other changes will include smaller class sizes, once group fitness classes resume, and spaced out equipment to promote physical distancing.

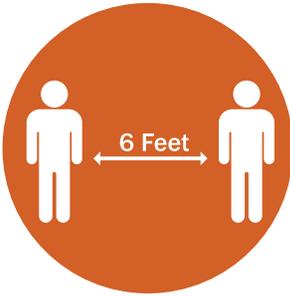
We understand these changes may seem overwhelming, so we thank you in advance for your patience and understanding as we navigate this new environment together.

Please read through this guide carefully to learn all about what to expect when you visit La Vita for the first time. If you have questions, please email lavita@dshealthcare.com. Our member services desk will be staffed beginning June 15. If you need to reach us before we open, feel free to email or call and leave a message. We will have limited staff working before June 15 so please be patient as it may take us a few days to respond to your questions.

Again, welcome back!



important things to know



There is a lot of information in this guide that we have put together for you. While all of it is important, here are some of the key takeaways that we want to highlight:

1. If you feel sick, stay home.
2. All members must enter through the main entrance of the Wellness Center and complete the screening process.
3. Masks are required as you enter/exit the Wellness Center and La Vita. Members have the option to remove their mask while exercising in the Fitness Center and Group Fitness Rooms.
4. Towel service, snack bar and drop-in daycare services will not be provided at this time.
5. Members are encouraged to bring their own pre-filled water bottle as the water fountains will not be available at this time.
6. While many of you will be excited to see friends and staff, please practice physical distancing maintaining 6 feet between yourself and others at all times.
7. Fitness floor workouts will be set at 45-minute blocks. Each block begins at the top of the hour. La Vita staff will clear the fitness center 15 minutes prior to the next hour for cleaning.
8. Locker room and shower use is limited to swimmers only.
9. No guest or day passes at this time.
10. Space capacities will be posted for each area with the maximum number of participants.
11. Some equipment will be unavailable to follow physical distancing requirements.
12. Personal fitness equipment will not be allowed into La Vita.

about your membership

With La Vita re-opening, your membership is active again as of Monday, June 15, 2020. Members will not be billed for June dues and billing will begin on July 2 to offset the time we were closed in March.

If you are uncomfortable coming back, that's ok. We want you to feel comfortable, safe, and ready. All members have the option to freeze their membership. If you have any questions or concerns, please reach out to us at lavita@dshealthcare.com or call 608-745-3858.

PHASE 1 OPERATING HOURS

Monday - Friday: 6:00 am - 8:00 pm

Saturday: 7:00 am - 12:00 pm

Sunday: CLOSED

POOL HOURS

Monday - Friday: 6:00 am - 11:00 am and 1:00 pm - 7:00 pm

Saturday: 7:00 am - 11:00 am

Sunday: CLOSED

Pools will close one hour prior to facility closing.



when you arrive

Checking in to the facility is going to be a little different from what you've experienced in the past.

You'll be asked to:

- Verbally respond to a brief health questionnaire
- Conduct a temperature check
- Wear a mask. You'll need to bring your own, and please note that this is required. No one will be allowed to enter the building without a mask on.

What Questions are Asked on the Health Questionnaire?

We'll keep this as quick and simple as possible. You don't even have to fill out a form – we'll just verbally ask the following:

- Do you have any of the following new or worsening symptoms not related to an existing condition?
 - Diarrhea
 - Vomiting
 - Loss of Smell/Taste
 - Body or Muscle Aches
 - Shortness of Breath
 - Sore Throat
 - Headache
 - Cough
- Have you had close unprotected contact (within 6 feet for 10 minutes or more without a facemask) with a person who you know is positive for COVID-19?

If you exhibit any symptoms of COVID-19, you may be asked to leave the Wellness Center.

Please wash your hands with soap and water for 20 seconds and/or use hand sanitizer when entering and leaving our facilities.



cleaning and sanitizing



Cleanliness and sanitization have always been important to us, and that's true now more than ever.

We want you to know the steps we take to thoroughly clean and sanitize our facility for you:

The last 15 minutes of each hour the fitness center will be cleared and staff will clean before the next group enters.

Each night after we close, a thorough deep cleaning will be conducted.

Additional "sanitizing stations" have been located on the fitness floor.

Keeping one another safe is a shared responsibility and we now require as a condition of membership that members wipe down equipment after using it.

Working together, we can all do our part to protect one another.

Thank you for taking that extra moment to wipe down any equipment you use!

reducing touch points



Specified areas and services of La Vita will not be available when we first re-open to minimize touch points and reduce exposure. We will make every effort to re-open each of these services as soon as possible.

We have removed many tables & chairs from our lobby for physical distancing.

Most doors as you enter and exit will be touch free.

All water fountains will be unavailable.

Use handrails only as needed to minimize contact.

at-risk populations



We encourage you to contact your physician to discuss any concerns you may have prior to returning to La Vita.

fitness floor



The fitness floor – where all the fun happens! We've made several changes that we want to share with you:

Time will be limited to the first 45 minutes of each hour. Members will be asked to leave the fitness center 15 minutes prior to the next hour for cleaning.

We ask the members to wait to enter the Wellness Center for screening no sooner than 10 minutes before the top of the hour. There will be physical distancing markers in the upstairs hallway for members to wait until the fitness center is opened after cleaning. Masks must remain on at this time.

While we've always appreciated members who wiped down the equipment after use, please note that this is now **a requirement** of membership.

Disinfectant wipes will be available for members to wipe down the equipment before and after use. Hand sanitizer is also available throughout La Vita.

We have re-arranged some equipment to make it more conducive to physical distancing standards.

group exercise class



Our classes are some of the most popular programs we offer, and our instructors are eager to get back to teaching!

We anticipate classes to resume in July with more specific details to follow. Below are some guidelines that will be in place when classes resume.

Smaller class sizes.

Social distancing markers on the studio floors.

Plans to move some classes outdoors when the weather permits.

Class times will be spaced out to reduce traffic in and out of the studios to maintain social distancing and allow for additional cleaning time between classes.

Fans will only be allowed, if able, to point towards the ceiling.

aquatics



45-minute swim time limit.

First check in with Aquatics Attendant for pool availability and be given a locker key.

Showers are required before entering the pool.

Aquatic exercise equipment will be limited.

The Therapy Pool participant access will be limited.

Markers will indicate the space where each person must remain for their water workout.

Physical distancing required - 6 feet between yourself and others at all times.

The Lap Pool will be limited to one swimmer per lane.

indoor track



The indoor track is available for walking use only.

Member's must always walk a minimum of 6 feet apart.

Use the inside lane for walking and the far outside lane for passing.

Lap counters will not be available.

drop-in daycare



We know how important our daycare services are to many of the families we serve.

While daycare will not re-open right away, we are eager to bring it back as soon as possible.

employees



For the protection of our employees and members, employees are required to complete the screening process daily.

Employees with any COVID-19 symptoms will not be allowed to work.

Staff will be providing reminders to members not following guidelines and anyone who chooses to not follow guidelines will be asked to leave.